



AMAZING EXPERIENCES!

Please visit our website at
www.fairfaxva.gov/parksrec



Four ways to register for classes

1. **ONLINE:** www.fairfaxva.gov/ParksRec,
24 hours a day.

2. **WALK-IN:** Come to the City Hall Office,
Stacy C. Sherwood Community Center or
Green Acres Center:
8:30am–5 pm, Monday – Friday.

3. **MAIL-IN:** Signed and completed
registration forms must be mailed to:
City of Fairfax Parks and Recreation,
10455 Armstrong St. Fairfax, VA 22030.

4. **FAX-IN:** Signed and completed
registration forms must be faxed to
703-246-6321

Payment Method Accepted

American Express, Discover, MasterCard
or Visa

Make checks payable to: *City of Fairfax*.

Payment must be made at the time of
registration. Assumption of Risk
Waiver, found on registration form, must
be signed by all participants at time of
registration. Parent/legal guardian
signature is required for participants under
the age of 18 years.

Young at Heart Senior Center Newsletter

General Information

Welcome

The City of Fairfax Senior Center invites you to join the
Young at Heart Senior Center for “*Amazing Experiences!*”

The City of Fairfax’s Senior Center is a recreational center with numerous and varied activities for all adults 55 years and older. There is no fee for membership; however a blue registration form is required before participating in any activities. We ask that you scan your membership card upon entering the building.

Get involved in the many senior center activities, free and fee-based classes, special events and trips during this wonderful warm season. Make new friends as you make this your most memorable Summer!

Senior Center Location

Green Acres Center
4401 Sideburn Road
Fairfax, VA 22030
703-273-6090
TTY (711)

Hours of Operation:

Monday through Friday
8am to 5pm

Green Acres Senior Center Staff

Anne Chase
Recreation Manager and Senior Center Manager
anne.chase@fairfaxva.gov
(703) 359-2487

Daniel Young
Assistant Senior Center Manager
daniel.young@fairfaxva.gov
(703) 385-3943

Jann Richards-Hardy
Recreation Assistant
jann.hardy@fairfaxva.gov
(703) 273-6090

Sonia O'Donnell
sonia.odonnell@fairfaxva.gov
Trip Assistant and Front Desk Sub

Senior Center General Information

Senior Center Activities at Green Acres Center

These are ongoing activities that take place at the Senior Center. Mark your calendars so you can participate in the fun! More information on activities and programs taking place at the Senior Center can be found on our website at www.fairfaxva.gov/parksRec.

Men's Morning Coffee Group

Every morning 8am-10am:
Coffee, breakfast treats and lively conversation.

Bocce

May – September, Thursdays 9am-11am:
Tournament-style play. Outdoor courts.

Current Events Group

Every Tuesday 1pm-3pm:
Discuss the latest topics going on in our world.

Mah Jongg

Every Monday 10am-2pm:
Similar to the western card game Rummy, Mah Jongg is a game of skill, strategy and calculation involving a certain degree of chance.

Fairfax Antique Arts Association

Third Thursday of each month at 10:15am:
Invites guest speakers to show and discuss their collections.

BUNCO

Every other Friday of the month at 10:30am:
Please check monthly calendar for dates.

Pinochle/Mexican Train/Canasta

Played daily throughout the week starting at 9:30am or 10am (check monthly calendar).

NOVA Neighbors Bridge

First and third Mondays of each month at 12 noon: play intermediate to advanced contract bridge. Chicago scoring is used, but party bridge rotations are followed.

Chess Club

Every Monday 10am.

Military History with Keith Young

Every Tuesday 10am-Noon:
Covers military history beginning with the Revolutionary War to the present.

Library:

Books loaned on honor system: enjoy and return. We appreciate the donation of books published after year 2000.

Senior Pickleball

Every Tuesday, Wednesday, and Thursday:
1pm -3pm. A racquet sport which combines elements of badminton and table tennis. Great exercise and fun!

"Fabric Fanatics" Sewing Group

Last Thursday each month 10am-3pm:
A wonderful way to work on your own project or offer your help for a charitable cause.

Millennium Art Guild

Every Thursday 1pm- 4pm:
Artists bring in their own art projects and supplies. All forms of art are welcome.

BINGO

Every other Friday of the month at 10:30am:
Please check monthly calendar for dates. Fee to play.




Day at the Races

Every other Monday of the month, 10:30am:
Please check calendar for dates.

German Conversation

Thursdays from 10:30am-Noon:
For interesting discussions, learning situations and fun! Beginners and friends of German culture are quite willkommen: Aufwiedersehen.....

What Other Activities would you like to start or participate in?

Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Bold items in calendar are new session beginnings or special events</u></p>	<p>****All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703)273-6090</p>		<p>1 8am: Men's Coffee Group 9am: Bocce Season Begins 9:30am: Adv. Contract Bridge 9:15am: TRIP Shenandoah Apple Blossom Festival Senior Luncheon 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild</p>	<p>2 8am: Men's Coffee Group 8:30am: Seniorcise 9am: Zumba Gold 9:15/10:15am: Tai Chi- Adv/Beg 10am: Grand Slam Bridge Group 10:30am: BINGO Noon: May Birthdays! 2pm: Trip Committee Meeting</p>	<p>3</p>
<p>5 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg/ Chess 10am: What Every Executor Needs to Know - David Hoffman 10:30am: Line Dancing Noon: NOVA Neighbors Bridge 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 4:30pm: Hula Dance</p>	<p>6 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Hospitality Committee Meeting 1pm: Current Events 1pm-3pm: Pickleball</p>	<p>7 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle Noon: TRIP Nationals Baseball 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation</p>	<p>8 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>9 8am: Men's Coffee Group 8:30am: Seniorcise 9am: Zumba Gold 9:15/10:15am: Tai Chi- Adv/Beg 10am - Grand Slam Bridge Group 10:30am: BUNCO 11am - Mother's Day Tea Noon: Brown Bag Day /Games</p>	<p>10</p> 
<p>12 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg/ Chess 10:30am: Line Dancing 10:30am: DAY AT THE RACES 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 4:30pm: Hula Dance</p>	<p>13 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History Noon: Reception and Military Book Signing with Alan Rems 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball</p>	<p>14 <u>Newport News 5/14-17:</u> VIRGINIA SENIOR GAMES 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Beginner Bridge Day! 10am: Pinochle 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation</p>	<p>15- <u>VA Senior Games continue</u> 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10:15am: Fairfax Antique Arts Assn 10:30am: German Conversation 11:30am: Easy Strength Training 11:30/11:45am: LUNCH BUNCH 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>16- <u>VA Senior Games cont.</u> 8am: Men's Coffee Group 8:30am: Seniorcise – NO CLASS! 9am: Zumba Gold 9:15/10:15am: Tai Chi- Adv/Beg 10am - Grand Slam Bridge Group 10:30am: BINGO 11am Meet Author Molly Connally: Sister Between 12:30pm Table Games</p>	<p>17 <u>Virginia Senior Games Conclude in Newport News:</u> Badminton, Cycling, Track & Field Events, Volleyball + more: Archery, Basketball, Billiards, Bowling, Canasta, Disc Golf,</p>
<p>19 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10:30am: Line Dancing 10:30am: DAY AT THE RACES 10am: Mah Jongg/ Chess Noon: NOVA Neighbors Bridge 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 4:30pm: Hula Dance</p>	<p>20 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 3:05pm: Pickleball lessons</p> 	<p>21 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 1pm-3pm: Pickleball 1pm: MOVIE & POPCORN 2:15pm: Come Sit Meditation</p>	<p>22 - 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10:15am: Fairfax Antique Arts Assn. 10:30am: TRIP National Zoo Trip 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>23 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 9am: Zumba Gold 9:30am: Cut Coupons for Military 10am: Grand Slam Bridge Group 11:30am: Kick-off to Summer Barbeque and Potluck</p>	<p>24 Golf, Horseshoes, Mini Golf, Road Race, Pickleball, Tennis, Racquetball, Softball, Shuffleboard, Table Tennis, & Swimming.</p>
<p>26 Memorial Day Holiday Green Acres closed</p> 	<p>27 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting 3:05pm: Pickleball lessons</p>	<p>28 Senior Health & Fitness Day *Take a Fitness Class for FREE! * Stop by the Front Desk! 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation</p>	<p>29 - 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am: Manassas Nat'l Battlefield 10am: Fabric Fanatics Sewing 10:30am: German Conversation 11:30am: Easy Strength Training 11:30am-Speaker:Housing Options 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>30 8am: Men's Coffee Group 8:30am: Seniorcise 9am: Zumba Gold 10am - Grand Slam Bridge Group 10:30am: BUNCO 12:30pm Table Games 1:30pm Euchre Tournament Signup and Introduction</p>	<p><u>Sunday, May 25 - Trip to Savannah departs</u> <u>31 May, Saturday: Savannah Trip returns from Savannah, Jekyll Island & Beaufort, South Carolina</u></p>

CITY OF FAIRFAX SENIOR CENTER

June 2014



(703) 273-6090

Mon	Tue	Wed	Thu	Fri	Sat
<p>2</p> <p>8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg/ Chess 10:30am: Line Dance Noon - NOVA Neighbors Bridge 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 4:30pm: Hula Dance</p>	<p>3</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta / Military History 11:30am: Easy Strength Training 1pm Hospitality Committee Mtg. 1pm: Current Events 1pm-3pm: Pickleball 3:05pm: Pickleball lessons</p>	<p>4</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am:TRIP <u>Frederick Douglass Site</u> 1pm-3pm: Pickleball</p> <p>2:15pm: Come Sit Meditation</p>	<p>5</p> <p>8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>6</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9am: Zumba Gold 9:15am/10:15am: Tai Chi- Adv/Beg 10:30am: BINGO Noon: Brown Bag Day /Games Noon: June Birthdays! 1:30pm Euchre</p>	<p>7</p> <p>Check out our website www.fairfaxva.gov *Calendar subject to change. Updates posted on website and at senior center.</p>
<p>9</p> <p>8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10:30am: Line Dance 10am: Mah Jongg/ Chess 10:30am: Line Dance 11am: Feldenkrais Class 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 4:30pm: Hula Dance</p>	<p>10</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 1pm: Hospitality Committee Mtg. 3:05pm: Pickleball lessons</p>	<p>11</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10:30am: TRIP <u>Smithsonian Air & Space</u> Noon Table Games 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation</p>	<p>12</p> <p>8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>13</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9am: Zumba Gold 9:15/10:15am: Tai Chi- Adv/Beg 9:30am: Father's Day Breakfast 10:30am: BUNCO 11:30am: Exercise Equipment Noon: Brown Bag Day/Games 1:30pm Euchre 2pm: Trip Committee Meeting</p>	<p>14 - FLAG DAY</p>  <p>Sunday, May 15 –</p> 
<p>16</p> <p>8am: Men's Coffee Group 8:30am July-Aug Trip Registration 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg/ Chess 10:30am: Line Dance 10:30am: DAY AT THE RACES 11am: Feldenkrais Class Noon: NOVA Neighbors Bridge 2:15pm: Chair Yoga 4:30pm: Hula Dance</p>	<p>17</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball</p>	<p>18</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am:TRIP National Harbor Trip Noon Table Games 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation</p>	<p>19</p> <p>8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10:15am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>20</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9am: Zumba Gold 10:30am: BINGO 12:30pm Table Games 1:30pm Euchre</p>	<p>21</p>
<p>23</p> <p>8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg/ Chess 10:30am: Line Dance 11am: Feldenkrais Class 2:15pm: Chair Yoga 4:30pm: Hula Dance</p>	<p>24</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10 am: Canasta / Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting 3:05pm: Pickleball lessons</p>	<p>25</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10:30am:TRIP Riverside Dinner <u>Theatre: West Side Story</u> 10am: Pinochle 1pm: MOVIE & POPCORN 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation</p>	<p>26</p> <p>8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10:15am: Fabric Fanatics Sewing 10:30am: German Conversation 11:30am: Easy Strength Training 11:30/11:45am: LUNCH BUNCH 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>27</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9am: Zumba Gold 9:15/10:15am: Tai Chi- Adv/Beg 9:30am: Cut Coupons for Military 10:30am: BUNCO Noon: Brown Bag Day /Games 1:30pm Euchre</p>	<p>28</p>
<p>30</p> <p>8am: Men's Coffee 9:30am: Bridge 9:30am: Bridge Class 10am: Mah Jongg /Chess 10:30am: Line Dance 10:30am:DAY RACES 11am: Feldenkrais Class 2:15pm: Chair Yoga 4:30pm: Hula Dance</p>				<p><u>Bold items</u> <u>in calendar are</u> <u>new session beginnings</u> <u>or special events</u></p>	<p>****All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703) 273-6090</p>

CITY OF FAIRFAX SENIOR CENTER

July 2014

(703)273-6090

Mon	Tue	Wed	Thu	Fri	Sat
July – August Trips published in early June with Registrations beginning Monday, June 16 at 8:30am	1 8am: Men's Coffee Group 9:30am: Mexican Train 10am: Canasta / Military History 1pm: Current Events 1pm-3pm: Pickleball 3:05pm: Pickleball lessons	2 8am: Men's Coffee Group 10am: Pinochle 11:30am: Independence Day Cookout & Potluck Luncheon Noon: Table Games 1-3pm: Pickleball	3 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10:30am: German Conversation 12:30pm: Marketing Committee 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild	4 <i>Independence Day Holiday</i>  Senior Center Closed	5
7 8am: Men's Coffee Group 9:30 am: Contract/Duplicate Bridge 9:30am: FREE Bridge Class 10am: Mah Jongg / Chess 10:30am: Line Dance 11am: Feldenkrais Class Noon NOVA Neighbors Bridge 2:15pm: Chair Yoga	8 8am: Men's Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Military History 1pm: Current Events 1pm-3pm: Pickleball 1pm: Hospitality Committee Mtg. 3:05pm: Pickleball lessons	9 8am: Men's Coffee Group 10am: Pinochle Noon Table Games 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	10 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10:30am: German Conversation 12:30pm: Marketing Committee 1-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	11 8am: Men's Coffee Group 9am: Zumba Gold 9:15/10:15am: Tai Chi- Adv/Beg 10:30am: BINGO Noon: July Birthdays! 1pm: Table Games 1:30pm Euchre 2pm: Trip Committee Meeting	12
14 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am: FREE Bridge Class 10am: Mah Jongg / Chess 10:30am: Line Dance 10:30am: DAY AT THE RACES 11am: Feldenkrais Class 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors	15 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 3:05pm: Pickleball lessons	16 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 1pm: MOVIE & POPCORN 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	17 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee 1pm-3pm: Pickleball 1pm-4 pm: Millennium Art Guild 2:15pm: Sit & Get Fit	18 8am: Men's Coffee Group 8:30am: Seniorcise 9am: Zumba Gold 9:15/10:15am: Tai Chi- Adv/Beg 10:30am: BUNCO Noon: Brown Bag Day /Games 1:30pm Euchre	19
21 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am: FREE Bridge Class 10am: Mah Jongg / Chess 10:30am: Line Dance 11am: Feldenkrais Class Noon NOVA Neighbors Bridge 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors	22 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting	23 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	24 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10:15am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am: Easy Strength Training 11:30a./11:45am: LUNCH BUNCH 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	25 8am: Men's Coffee Group 8:30am: Seniorcise 9am: Zumba Gold 9:15/10:15am: Tai Chi- Adv/Beg 9:30am: Cut Coupons for Military 10:30am: BINGO 11am: Feldenkrais Class Noon: Brown Bag Day /Games 1:30pm Euchre	26 <i>Bold items in calendar are new session beginnings or special events</i>
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4 8am: Men's Coffee Group 9:30am: Contract/Dupl. Bridge 10am: Mah Jongg/ Chess 10:30am: Line Dance 10:30am: DAY AT THE RACES 11am: Feldenkrais Class Noon – NOVA Neighbors Bridge 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors	5 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball	6 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 1pm-3pm: Pickleball 1pm: MOVIE & POPCORN 2:15pm: Come Sit Meditation	7 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	8 8am: Men's Coffee Group 8:30am: Seniorcise 9am: Zumba Gold 9:15/10:15am: Tai Chi- Adv/Beg 10am: Grand Slam Bridge Group 10:30am: BINGO 11am: Feldenkrais Class 12:30pm: Corn Hole	9
11 8am: Men's Coffee Group 9:30am: Contract/Dupl. Bridge 10am: Mah Jongg/ Chess 10:30am: Line Dance 1pm: Table games 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors	12 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball	13 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	14 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10:15am: Fairfax Antique Arts 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit	15 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10am: Grand Slam Bridge Group 10:30am: BUNCO Noon: Table Games	16 
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Trips






**The City of Fairfax Senior Center
Young at Heart Trips
4401 Sideburn Road, Fairfax VA 22030**

All trips require reservations – first come first serve. Payment is due at time of registration unless placed on a wait list. Trips depart from the senior center. Please arrive 15 minutes early.

Registration Time - (for May and June registrations)

Walk-In: APRIL 14th, 2014 at 8:30 am

Online: APRIL 14th, 2014 at NOON

	Lunch on your own		Uneven Walking
	Mainly Walking/Standing	SG/GT	Self-Guided Tour/ Guided Tour
	Stairs Required		Weather Sensitive

MAY TRIPS

  	Shenandoah Apple Blossom Festival's Senior Lunch & Dance (Winchester, VA) – Get out your pink & green finery as we travel to this beautiful springtime festival at the top of Virginia. Dance in a huge white tent, featuring the big band orchestra <i>For Dancers Only</i> , a visit by the 87th Queen Shenandoah and her court, and a delicious three-course luncheon (included in trip). Travel through the beautiful Piedmonts and Blue Ridge Mountains. Thursday, May 1, 2014 Depart: 9:15 am Approximate Return: 4:00 pm	\$27
  SG	Washington Nationals Baseball Game (Washington, DC) – <i>Take me out to the ball game take me out to the crowd. Buy me some peanuts and crackerjacks; I don't care if I never get back! Let me root, root, root for the home team, if they don't win it's a shame. For its ONE, TWO, THREE strikes you're out at the old ball game!</i> See the Washington Nationals take on the LA Dodgers. Lunch on your own. Wednesday, May 7, 2014 Depart: 12:00 pm Approximate Return: 3:30 pm	\$35
    SG	National Zoological Park (Washington, DC) – The newest panda bear Bo Bo is now on exhibit! For a short time you can see this baby panda in person before he is shipped away to China for good! See the many other exotic animals at this national treasure. Please dress for the weather. Lunch on your own at zoo or in the neighborhood. Wear comfortable walking shoes. Thursday, May 22, 2014 Depart: 10:30 am Approximate Return: 4:00 pm	\$15
  SG 	Manassas National Battlefield Park (Manassas, VA) – Enjoy this multi-faceted tour. Join the park ranger for tour, view the 6-minute fiber-optic battle map, view a 45-minute orientation film <i>Manassas: End of Innocence</i> and browse the park gift shop Dutch-treat lunch at The Cracker Barrel. Wear comfortable walking shoes. Please bring an additional \$3 to enter the park unless you have a life-time pass. Wear comfortable walking shoes. Thursday, May 29, 2014 Depart: 10:00 am Approximate Return: 3:00 pm	\$15

JUNE TRIPS

  SG 	Frederick Douglass National Historic Site (Washington, DC) – Frederick Douglass was an African-American social reformer, orator, writer and statesman. After escaping from slavery, he became a leader of the abolitionist movement. He stood as a living counter-example to slaveholders' arguments that slaves lacked the intellectual capacity to function as independent American citizens. Tour the Frederick Douglass House, explore the grounds and visitor center. Picnic with boxed lunch provided. Wednesday, June 4, 2014 Depart: 10:00 am Approximate Return: 3:00 pm	\$22
  SG/GT	Smithsonian Air and Space Museum (Washington, DC) – Explore the world's largest and most significant collection of aviation and space artifacts, see an IMAX movie on your own, or visit nearby museums. Lunch on your own. Wednesday, June 11, 2014 Depart: 10:30 am Approximate Return: 3:30 pm	\$15
  	The National Harbor – A waterfront destination along the glittering Potomac River in Prince George's County, Maryland. Something for everyone: First stop Tanger outlets, for those interested or continue on to the harbor. Restaurants, marina, cruise the Potomac River, hike around this 350-acre community. Lunch on your own. Wednesday, June 18, 2014 Depart: 10:00 am Approximate Return: 4:30 pm	\$15
	Riverside Dinner Theatre: <i>West Side Story</i> (Fredericksburg, VA) – The world's greatest love story takes to the streets in this landmark Broadway musical. Widely considered to be one of the American musical theatre's finest works. Lunch provided. Wednesday, June 25, 2014 Depart: 10:30 am Approximate Return: 5:00 pm	\$71

Classes

Senior Classes

- Line Dancing** – Mon, 10:30am: 6/2-7/21; 7/28-9/22 (no class 9/1) = \$45/session; \$8/class
- Awareness thru Movement** – 11am-Noon: Mon, 6/9-7/14; Mon & Fri, 7/21-8/8 = \$40/session; \$10/class
- Chair Yoga** – Mon, 2:15pm-3:15pm: 5/5-6/30; 7/7-8/25 = \$40/session; \$8/class
- Hula Dance** – Mon, 4:30-5:30pm: 5/5-6/30 = \$45.
- All Art Classes** – Mon, 4pm-5:30pm: 4/28-6/9 (no class 5/26); 7/14-8/18 = \$72/session.
- Seniorgise** - Tue/Wed/Fri, 8:30am-9:30am: 5/2-6/27; 7/15-8/22 = \$72/session, or \$140 All; \$8/class
- Easy Strength** - 11:30am-12:30pm: **Tues:** 5/6-27; 6/3-24; 7/15-29; 8/5-19 = \$14/session; \$8/class
- Beginner Bridge Day** – Wed, 9:30am-3pm: 5/14. Free with registration
- Come Sit Meditation** – Wed, 2:15pm-3:15pm: 5/7-28; 6/4-25; 7/9-30 = \$30/session; \$10/class
- Easy Strength** - 11:30am-12:30pm: **Thurs:** 5/1-29; 6/5-26; 7/17-31; 8/7-21 = \$14/session; \$8/class
- Pickleball Lessons** – Tue, 3:05pm-4 pm: 5/20-6/10; 6/24-7/15 = \$20/session
- Sit & Get Fit** – Thurs, 2:15pm-3:15 pm: 5/8-6/26; 7/10-8/28 = \$40/session; \$8/class
- Tai Chi Chuan** – Fri, 9:15am-10:15am **Adv.:** 10:15am-11:15am **Beg.:** 5/2-7/11(no class 5/30, 6/20); 7/18-9/12 (no class 8/29) = \$40@; \$8/class
- Zumba Gold** – Fri, 9am-10am: 5/2-6/20; 6/27-8/8. \$50/session = \$8/class.

Adult Classes at Green Acres Center

- Hula Dance** – Mon, 6pm-7pm: 5/5-6/30 = \$60
- Ukulele Lessons** – Mon, 7:15pm-8:15pm: 5/5-6/30 = \$65
- Sin Moo Hapkido Martial Arts** – Mon and Wed, 6:30pm-8pm: 6/23-8/27 = \$75
- B-Fit** – Tues/Thurs/Fri, 9:30am-10:30am: 5/1-6/27 (no 5/16); 7/15-8/22 = \$95; \$8/class
- Morning Pilates** – Tues/Wed/Fri, 10:30am-11:30am: 5/6-6/27 (no 5/16); 7/15-8/22 = \$55/day/session; \$8/class
- Traditional Indian Hatha Yoga** – Tues, 7pm-8:15pm: 5/6-6/24; 7/8-8/26 = \$70; \$10/class
- Irish Social Dance** – Tues, 7:15pm-8:45pm: 4/20-5/27 = \$33
- Evening Pilates** – Tues or Thu, 7:45pm-8:45pm: 5/6-7/10 (no 5/27, 6/26); 7/8-9/4 = \$55/day/session; \$115 All
- Cardio Strength** – Wed, 9:30am-10:30am: 5/7-6/25; 7/16-8/20 = \$55; \$8/class
- Zumba Fitness** – Wed, 11:30am-12:30pm: 5/7-6/25; 7/16-8/20 = \$60; \$8/class
- Open Pickleball Play** – Wed, 7:30pm-9:30pm: 5/21-7/9 = \$40; \$8/evening
- Yoga** – Thurs, 10:30am-11:30am: 5/1-6/26; 7/17-8/21 = \$55/session; \$8/class
- Barefoot Stretch n Flow** – Thurs, 7pm-8pm: 5/8-29; 6/5-26; 7/10-31; 8/7-28 = \$30; \$8/class
- Basic Dog Obedience** – 1:30pm-2:30pm: **Fri,** 5/9-6/13; 7/11-8/8; **Sun,** 5/11-6/15, 7/13-8/17. \$100/session
- Advanced Skills Tai Chi Workshop** – Sat, Noon-3pm: 6/7 = \$30

“Your Way” Fitness Plan

May 1 – August 22 (no classes 5/16 and 7/1-11): \$200 – Choose the Classes to Fit Your Schedule!

<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:30am – B-Fit	9:30am – Cardio Strength	9:30am – B-Fit (Zumba Tone)	9:30am – B-Fit
10:30am – Pilates	10:30am – Pilates	10:30am – Yoga	10:30am – Pilates
	11:30am – Zumba		

Upcoming Events

Mon, May 5: 10am	“What Every Executor Needs to Know” with David Hoffman
Fri, May 9: 11am	Mother’s Day Tea
Tues, May 13: Noon	Book Signing and Reception for Author Alan Rems
Wed, May 14: 9:30am	Beginner Bridge Day
Wed-Sat, May 14 – 17	Virginia Senior Games in Newport News
Fri, May 16: 11am	Meet the Author Molly Connally: <i>Sisters Between, A Novel of the Beguines</i>
Fri, May 23: 11:30am	Kick off to Summer, Barbeque and Covered Dish
Sun, May 25-Sat, May 31	Savannah, Jekyll Island & Beaufort, South Carolina Trip
Mon, May 26:	Memorial Day Holiday - Closed
Wed, May 28:	National Senior Health & Fitness Day
Fri, June 13: 9:30am	Father’s Day Breakfast
Mon, June 16: 8:30am	July - August Trip Registration begins
Wed, June 18: Noon	Senior Volunteers Appreciation Luncheon
Wed, July 2: 11:30am	4th of July Picnic Potluck
Fri, July 4: 10am-Noon	Independence Day Celebration Parade, Senior Center Closed
Mon, August 18: 8:30am	September – October Trip Registration begins
Fri, August 29: 11:30am	Labor Day Cook-out Picnic

What are important safety measures for the elderly?

General safety measures both at home, and away from home, are encouraged and recommended to elderly patients and their family members. Falls and injuries, confusion, adherence to medical instructions, and future health and financial planning are among the concerns pertinent to elderly care.

Simple home safety recommendations for seniors include:

- Using canes or walkers and shower seats for fall prevention if unsteady on feet
- Utilizing assist devices such as walkers, wheelchairs, scooters to promote safe mobility and independence if difficulty getting around
- Replacing hard wood floors with carpeting for injury reduction in case of a fall (avoid throw rugs on hard wood floors or potentially slick surfaces)
- Using hearing aids, wearing glasses, and installing good lighting to diminish effects of hearing and visual problems
- Managing medications by taking advantage of pill boxes when keeping track of medications become burdensome
- Hiring caregivers or accepting assistance from family members if activities of daily living become difficult
- Scheduling routine sleep and wake times to improve sleep quality and day time efficiency
- Subscribing to medical alert systems and programming emergency phone number into cell phones for easy access in cases of emergency
- Planning regular social activities to improve social interactions
- Driving with care and recognizing when it may be safer to stop driving
- Preparing a properly executed advance healthcare directive, living will, and trust to outline decisions and preferences in preparation for the time a person may become incapable of making sound decisions

Another noteworthy concern for the elderly is the subject of medications. With the rise in availability of various medications, naturally a growing list of drugs is offered to the elderly due to their high prevalence of medical conditions. As a consequence, interactions between these drugs and their individual side effects become increasingly more likely. The best approach to address these concerns is a discussion and periodic medication review with the treating physicians or the primary care doctor. If the elderly patient or their caregiver keep up-to-date records of allergies, medications, diseases, medical and surgical history, and advance directives readily available; the patient will have a better experience if they need emergent care or hospitalization. This is especially true if they arrive at a hospital where the patient's doctors do not practice, or if they have need of medical care while "on vacation" or "traveling."

MedicineNet.com

An Author in our midst

Alan Rems, a retired CPA, has been a regular contributor to Naval History magazine since his first writing effort that earned the U.S. Naval Institute's 2008 Author of the Year award. He lives with his wife, a retired newspaper managing editor, in Centreville, Virginia.

Please join us Tuesday, May 13 at Noon when Alan will be at the senior center to sign his new book *South Pacific Cauldron: World War II's Great Forgotten Battlegrounds*. For more details, contact the front desk

Senior Happenings

BEGINNER BRIDGE DAY

Wednesday, May 14: 9:30am – 3pm



The City of Fairfax Senior Center is sponsoring a Beginner Bridge Day! Maybe you've played a little bridge and have not found a group or a partner. Or perhaps you just like to play bridge, but are not confident enough to join one of our established games. This Day's for you! Open to beginners and novices only with no set tables – we'll fit you in as you arrive. Set your own departure time. Games will be played between 9:30am-3:00pm.

If you plan to stay over lunch, please bring a bag lunch. A refrigerator and microwave are available in the Senior Center.

This is a chance to meet other Beginners and to play against each other. Please call 703-273-6090 to indicate that you may come in order for us to make arrangements for full tables.

Calling All Bocce Players – Season Opening!

Bocce has become a popular sport at the City of Fairfax Senior Center. Games are played on Thursday mornings, beginning at 9am from May until September at our outside courts. Get your teammate and Sign-up on the Senior Center Bulletin Board.

- Sign up with a partner
- Informational Meeting scheduled Thursday, April 10th at 10am in the Senior Center
- Season starts Thursday, May 1st at 9am
- Season ends on the last Thursday in September on the 25th following an awards party
- Thanks to our Bocce Coordinator Nick Garito.

7th Annual Young at Hearts Photo Contest *Your Pictures Wanted!*

Photographs taken between January 1 and September 26, 2014

Categories: Friends and Family, Nature, Travel, and Around Our City

Application with Rules available at Green Acres Center's Front Desk.

Prizes will be awarded for each category on Friday, October 3rd at 12:30pm. Winning entries will be limited to two per person. The actual prizes will be determined prior to the completion of the contest and may include printing in either a Senior Center or other City of Fairfax publication.

Rules:

- Contest is open to seniors 55 years or older.
- Picture must have been taken between January 1, 2014 and September 26, 2014.
- Each entry must be a 4 x 6 inch glossy print.
- Each entry must be accompanied by an entry form.
- The entry must be submitted by the owner of the photograph.
- All entries must be submitted to the Senior Center Staff no later than September 26, 2014.
- A contestant cannot also participate as a judge.

Senior Spotlight



Gloria Toner

Gloria Toner, a familiar and much-loved figure at Green Acres Senior Center has contributed her special brand of hospitality and friendship to members of the Senior Center for close to 10 years. Petite and energetic, she is quick to volunteer her considerable cooking and baking skills for special events and to help out wherever needed.

She is the widow of John Toner, mother of two children and grandmother of one, and by all definitions, a modern woman. She was the first woman in her economics class at Rutgers University and long before most women entered the workforce, she was travelling the country setting up offices and training personnel for a large insurance company.

Born in New Jersey of Italian parents, she was always outgoing and adventurous and fondly recalls excursions into Manhattan as a bobby soxer with her girlfriends where they waited in line for hours at the NYC Paramount Theater to see

celebrities like Frank Sinatra and Perry Como live. She's still a fan of the good old classic performers, as she calls them.

Gloria has performed on stage but running has always been her first love -- that is probably the reason that at 86 she is in fantastic shape! She only began running in competitions at age 63 then won every race she entered. With a devilish gleam in her eye she remembers the time she inadvertently strayed into a secure area while on a run through D.C. and found herself being pursued by (in her words) a SWAT team. Run, Gloria, run!

When this Queen of the 2013 Fourth of July Parade was asked what motivates her, Gloria's quick response is that early on, she adopted the philosophy that it doesn't cost anything to be nice, and she has continued to honor that philosophy throughout her life. We are privileged to know Gloria Toner and have her part of our Senior Center family.

Senior Center Council

The Senior Council is an important piece of the total picture of the Young at Heart Senior Center. The responsibility of the Council is to give voice to the Seniors' concerns. The Council's membership is composed of volunteers who have varied areas of interest and involvement in programs and activities at the Senior Center and within the City of Fairfax.

The Council is eager to place concerns of the members on the agenda for discussion and, hopefully, resolution. These concerns could involve classes, programming, social events, fund raisers and even concerns about the building itself. The Council is always open to hearing the suggestions and concerns of the seniors.

Council Meetings are held the 4th Tuesday of each month at
Green Acres Center.

The Senior Center Council officers are:

Chair- Gail Wade

Vice Chair/ PRAB - Jane Albro

Secretary- Jane Woods

Treasurer- Paul Kavanaugh



COUNCIL MEMBERS

Ellis Hamilton

Gerri Buroker

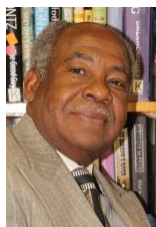
Marcia Clukey

Paul Gauthier

Frank Kelly

Becky Perry

Aldo Domenichini



Young at Heart Senior Center

4401 Sideburn Road

Fairfax, VA 22030

Join us at the Senior Center

Learn something new and have some fun!

Call the center for details

703 273 6090

AMERICANS WITH DISABILITIES ACT

The City of Fairfax is committed to making reasonable accommodations as required by the Americans with Disabilities Act. To request a reasonable accommodation for any type of disability, call 703.385.7858